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We claim:

1. A composition comprising:
 - a. one or more phytosterols and/or phytostanols or a mixture thereof capable of reducing cholesterol absorption in the intestine;
 - b. a composition capable of inhibiting cholesterol biosynthesis;
 - c. a composition capable of increasing cholesterol metabolism, wherein at least one of compositions b. and c. is derived from plants.
2. A composition according to claim 1, wherein the at least one of compositions b. and c. is an extract from a plant or plant parts.
3. A composition according to claim 2, wherein compositions b. and c. are extracts from different plants or parts thereof.
4. A composition according to claim 1, wherein composition b. capable of inhibiting cholesterol biosynthesis comprises one or more HMG-CoA reductase inhibitors and/or squalene synthase inhibitors.
5. A composition according to claim 4, wherein the composition capable of inhibiting cholesterol biosynthesis comprises one or more HMG-CoA reductase inhibitors.
6. A composition according to claim 4, wherein the composition capable of inhibiting cholesterol biosynthesis is derived from a plant or plant part selected from *Alisma orientale*, *Typha* spp., *Salvia miltiorhiza*, *Polygonum multiflorum*, *Curcuma* spp., *Ligusticum* spp., *Polygonatum* spp., *Polygonum cuspidatum*, *Corydalis* spp., *Chrysanthemum morifolium*, *Artemisia capillaris*, *Crataegus pinnatifida*, *Eleutherococcus senticosus*, *Astragalus membranaceus* and subspecies and varieties thereof.
7. A composition according to claim 6, wherein the composition capable of inhibiting cholesterol biosynthesis is an aqueous extract of *Polygonum multiflorum*.
8. A composition according to claim 1, wherein composition a. contains at least 25% by weight of phytosterols and/or phytostanols.
9. A composition according to claim 1, wherein the phytosterol and/or phytostanol or mixture thereof comprises a plant sterol obtained from vegetable oil or wood pulp.

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10. A composition according to claim 9, comprising a phytosterol selected from sitosterol, stigmasterol, ergosterol, campesterol, avenasterol, brassicasterol, desmosterol, chalinosterol, poriferasterol, clionasterol sitostanol, stigmastanol and campestanol, and in particular comprises a sitosterol.
11. A composition according to claim 1, wherein composition c. capable of increasing cholesterol metabolism comprises an effective amount of a composition capable of increasing conversion of cholesterol into bile acids and/or inhibiting the esterification of cholesterol.
12. A composition according to claim 11, wherein composition c. comprises one or more: cholesterol 7 α -hydroxylase activators and/or one or more Acyl-CoA acyl transferase inhibitors.
13. A composition according to claim 12, wherein the composition capable of increasing cholesterol metabolism is derived from a plant or plant part selected from *Polygonum multiflorum*, *Polygonum cuspidatum*, *Curcuma* spp., *Ligusticum* spp., *Polygonatum* spp., *Corydalis* spp., *Chrysanthemum morifolium*, *Artemisia capillaris* and *Acanthopanax senticosus*.
14. A composition according to claim 13, wherein the composition comprising an effective amount of a composition capable of increasing cholesterol metabolism is an aqueous extract of *Chrysanthemum morifolium*.
15. A composition according to claim 1, further comprising an effective amount of a component for the prevention and/or treatment of vascular disorders.
16. A composition according to claim 15, wherein the component for the prevention and/or treatment of vascular disorders is selected from polyunsaturated fatty acids, antioxidants, phospholipids, folic acid, vitamin B12, vitamin B6, magnesium, coenzyme Q10 and zinc.
17. A composition according to claim 16, wherein the polyunsaturated fatty acids comprise omega-6-fatty acids and/or omega-3-fatty acids.
18. A composition according to claim 16, wherein the phospholipids comprise lecithin.
19. A composition according to claim 16, wherein the antioxidants comprise tocopherols.

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20. A composition according to claim 19, wherein the tocopherols comprise vitamin E.
21. A food or beverage product comprising a composition according to claim 1.
22. A nutritional supplement comprising a composition according to claim 1.
23. A tablet, capsule, microbead, emulsion, powder, granule, suspension, syrup, elixir or chewing gum comprising a composition according to claim 1.
24. A method of reducing serum cholesterol levels or preventing elevated blood serum cholesterol levels comprising administering to a person an effective amount of a composition comprising:
 - a. one or more phytosterols and/or phytostanols or a mixture thereof capable of reducing cholesterol absorption in the intestine;
 - b. a plant-derived composition capable of inhibiting cholesterol biosynthesis; and
 - c. a plant-derived composition capable of increasing cholesterol metabolism.

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